

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of claims in the application:

**Listing of Claims:**

1                   1.       (Currently amended) A method for making a pillow, the method  
2 comprising:  
3                   cutting at least one piece of fabric to form a pair of skins that each comprise a  
4 midsection and two arm sections;  
5                   sewing the two skins together near their outer edges except for a portion of the  
6 mid section to form a shell defining **a continuous** ~~and~~ interior and having a middle region with  
7 an opening into the interior and two opposing arms extending from the middle region to form a  
8 well region;  
9                   blowing a fill material into the interior of the shell until the pillow has a firmness  
10 defined by an IFD of at least about 20 Newtons with 25% deflection; and  
11                  closing the opening in the middle region.

1                   2.       (Currently amended) A method as in claim 1, wherein the skins have an  
2 outer surface and an inner surface, and wherein the skins are sewn together with the **outer** ~~inner~~  
3 surfaces facing each other.

1                   3.       (Original) A method as in claim 2, further comprising turning the shell  
2 inside out such that the inner surfaces face each other.

1                   4.       (Original) A method as in claim 1, wherein the step of blowing the fill  
2 material further comprises inserting a nozzle through the opening of the middle region and into  
3 one of the arms, blowing fill material into the arm, moving the nozzle to the other arm and  
4 blowing fill material into the other arm, and moving the nozzle to the middle region and blowing  
5 fill material into the middle region.

1                   5.       (Original) A method as in claim 1, wherein the two skins are substantially  
2 identical, with the two arm sections curving so that their ends generally face each other.

1                   6.       (Original) A method as in claim 1, further comprising sewing a strip of  
2 fabric between the two skins so as to be adjacent to the well region.

1                   7.       (Original) A method as in claim 1, further comprising placing the pillow  
2 into a package.

1                   8.       (Original) A method as in claim 1, wherein the fill material comprises  
2 polyester, and wherein the shell is filled to about 2.0 pounds to about 2.5 pounds with the fill  
3 material.

1                   9.       (Original) A method as in claim 1, wherein the opening is closed by  
2 sewing the skins together.

1                   10.      (Currently amended) A method for making a pillow, the method  
2 comprising:  
3                   cutting at least one piece of fabric to form a pair of skins that each comprise a  
4 midsection and two arm sections;  
5                   sewing the two skins together near their outer edges except for a portion of the  
6 mid section to form a shell defining a continuous ~~and~~ interior and having a middle region with  
7 an opening into the interior and two opposing arms extending from the middle region to form a  
8 well region;  
9                   inserting a nozzle through the opening of the middle region and into one of the  
10 arms and blowing fill material into the arm;  
11                  moving the nozzle to the other arm and blowing fill material into the other arm;  
12                  moving the nozzle to the middle region and blowing fill material into the middle  
13 region; and  
14                  closing the opening in the middle region.

1                   11.      (Original) A method as in claim 10, wherein the fill material is blown into  
2 the interior of the shell until the pillow has a firmness defined by an IFD of at least about 20  
3 Newtons with 25% deflection.

1                   12.      (Currently amended) A method as in claim 10, wherein the skins have an  
2 outer surface and an inner surface, and wherein the skins are sewn together with the outer ~~inner~~  
3 surfaces facing each other.

1                   13.   (Original) A method as in claim 12, further comprising turning the shell  
2 inside out such that the inner surfaces face each other.

1                   14.   (Original) A method as in claim 10, wherein the two skins are  
2 substantially identical, with the two arm sections curving so that their ends generally face each  
3 other.

1                   15.   (Original) A method as in claim 10, further comprising sewing a strip of  
2 fabric between the two skins so as to be adjacent to the well region.

1                   16.   (Original) A method as in claim 10, further comprising placing the pillow  
2 into a package.

1                   17.   (Original) A method as in claim 10, wherein the fill material comprises  
2 polyester, and wherein the shell is filled to about 2.0 pounds to about 2.5 pounds with the fill  
3 material.

1                   18.   (Original) A method as in claim 10, wherein the opening is closed by  
2 sewing the skins together.